



Day by day is an e-mail bulletin, with the purpose of conveying Sesha's teachings on Non-duality and their relevancy in our everyday life.

This bulletin **can be re-sent** to anyone interested in a personal quest, in knowing him/herself and in the Final Reality.

**EXTRACTS FROM THE CONFERENCE ON MYSTICISM
UNIVERSIDAD COMPLUTENSE DE MADRID 12-05-2008**

"The mystic experience initially stems from the necessity to surrender"

"The mystic feeling is an exceptional flush of ecstasy that has nothing to do with feelings and emotion; rather it is an exceptional form of understanding that comes to pass in a direct way without interference of little tricks of the mind which usually happens in the common dialectic process."

"The mystic world is an outer search through which we shape and restructure our inner world. It is not taking something from the world. It is the world of giving, offering, surrender."

"Mystics are experts in giving themselves to themselves; in total and complete surrender."

"The mystic experience is a sort of absorption, where divinity is present in all everyday events in life. It is a strange communion that is only understood by That which is worshipped, being no different from those who worship."

"Mysticism is terribly overwhelming, fearfully so. It is a profound surrender in which the sense of self-ness ceases to exist."

"Mysticism is "loving" without caring about "what is loved", without caring where one is going, or what the objective is.& It is just loving the simple proximity of what is loved."

"It is taken that the sudden burst of ecstasy on this closeness to divinity drives one mad, that this feeling obstructs and, quite often, there is no clarity in one's actions in day to day living. However, it is not so."

"Understanding, when seen as being a conscious act, is independent from feeling and it is independent from thinking."

"Consciousness is a prevailing condition, upon which thoughts and emotions are built up like waves in the sea."

"Both feelings and thoughts always flow into the ocean of consciousness, just as all rivers flow into the sea."

"There is an extraordinary mystic understanding that is complete in its fullness and absent from nothing: when this understanding is maintained, the integration one has with what is loved occurs."

"The mystic understands, knows, and understands without knowing why he/she knows and understands, but there is no need to be supported by it, because he/she simply loves, because he/she is simply filled with him/herself."

"Mystical experience is inexpressible because when surrendering and experiencing the deep sensation of surrender in loving understanding, when one is absolutely stripped of all things, when everything ceases, in this moment everything is gained."

"And, filled with That, the feeling of bliss comes. Bliss that cannot be contained in your body or in your heart, or your head and then, you begin to weep. Your body shakes, your flesh trembles, your breathing falters and, sometimes words without meaning are uttered or just the desire to be close to what is loved."

"Human beings find this sensation of surrender strange, since when they act or think, they always keep something back from the past just in case they need it in the future."

"Each and every one of you has, at a given moment in time, wanted to totally surrender yourself in one way or another. And when the moment has arisen, and the possibility of doing it, you have always backed down."

"If you had surrendered you would have been entranced by the instantaneity of a moment that shines in infinity and would have seen the eyes of God and the mouth of God. And you would have become aware that this mouth is the whole world and these eyes the universe that contains it. And would have realised the surprise of what is evident: that all things flow in an inexpressible stream, simultaneously, through space and time".

"If you succeed in totally renouncing yourself, you will abide in mystical terrain and the concept of unselfish love."

"All human beings have the capacity to see God, which is no more than the capacity of seeing oneself in God. But, everyone is waiting for it to happen on its own."

"We are all waiting for moments to be happy, to stumble upon the instant to surrender in the right way. In our own way we all want love, we want to feel in a special way, to be understood so that in this way we can give ourselves. Yet, we dare not give ourselves to ourselves."

"Do you know how many later moments replete with love the sensation of a whole instant contains? Do you know that the memory of a whole instant is another whole instant?"

"The mystic is a master of the art of giving, the art of unselfishly losing him/herself by surrendering to love."

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